



Central Texas Veterans Health Care System

Coping with Reflux

Primary Care Nutrition Tip

This handout provides only basic nutrition guidelines for this topic.
See a Registered Dietitian (RD) for your individual needs.
The Nutrition Clinic is a walk-in clinic (no appointment needed) in
Austin, Temple and Waco and by appointment at CBOC's.
Sign up with the clinic clerk to speak to a dietitian.

Other classes and programs available:

Diabetes Classes - series of 3 classes with information from nursing, nutrition, pharmacy and activity specialists on how to manage your diabetes.

Cardiovascular - 3 hour class with nursing, nutrition and pharmacy information on heart health.

Pre-Diabetes — 90 minute class with nursing and nutrition information on reducing or delaying your chance of having diabetes. Available in Waco, Temple, Austin

Renal - 2 hour class with information from nursing and nutrition on kidney disease and management. Available in Temple, Austin

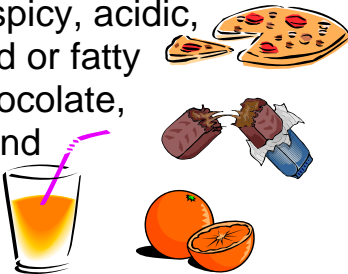
MOVE! Weight Management - **MOVE!** is a national VA program designed to help veterans lose weight, keep it off and improve their health. MOVE! features a personalized program of nutrition, physical activity and behavior change. Visit www.move.va.gov to find out more.

**Ask your Primary Care Team which of these classes is
best for you and how to be enrolled.**


COPING WITH REFLUX

Here are some things you can do to improve your health
& reduce heartburn (reflux).

1. Avoid spicy, acidic, tomato-based or fatty foods like chocolate, citrus fruits and fruit juices.



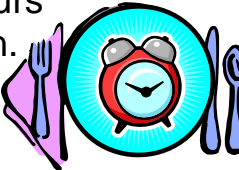
5. Do not exercise too soon after eating.




2. Limit your intake of alcohol and caffeine drinks -coffee, tea, & colas.



6. Avoid bedtime snacks & eat meals at least 3 to 4 hours before lying down.




3. Control your weight. Reflux gets worse as your stomach presses on your esophagus.



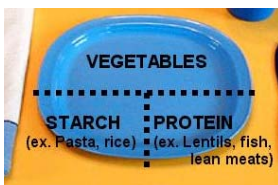
7. Stop smoking.



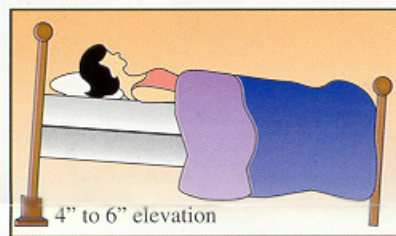
4. Do not overeat at mealtime.



Try to eat balanced, healthy meals.



8. Elevate the head of your bed on blocks.



9. See your physician if you are taking antacids three or more times a week.